

## CLAIMS

1. A skate board deck comprising:
  - a pair of substantially parallel surfaces spaced from each other to form an interior region, each such surface being formed of a plurality of cured, resin impregnated, composite fiber layers, each such layer having a selected orientation;
  - at least one tubular member positioned between said surfaces in said interior region for stiffening said deck; and
  - a low density filler material substantially filling the remainder of said interior region;wherein said parallel surfaces are pinched together at at least one location along said deck to resist shearing movement between said surfaces.
2. The skate board deck recited in Claim 1 wherein a pocket is formed in at least one of said surfaces at said pinching location.

3. The skate board deck recited in Claim 2 wherein said pocket is filled with a low density filler material.

4. The skate board deck recited in Claim 3 wherein said filler material in said pocket is covered by at least one layer of composite fiber material.

5. A sports board comprising:

- fiber reinforced plastic material surfaces forming an interior region, said region being substantially filled with a low density core material;
- at least one centrally located tubular spine positioned within said interior region;
- wherein said at least one spine is made of a material that is the same material used in said surfaces;
- at least one elongated tubular edge member located within said interior region along the edges of said surfaces;
- wherein said at least one edge member is made of the same material as said surfaces;
- wherein said surfaces are pinched together at at least one location on said board to form a shearing movement-resistant pocket.

6. The sports board recited in Claim 5 wherein said pocket is filled with a low density material and covered by a layer of fiber.

7. A method of fabricating an elongated sport board to achieve desired weight and stiffness, the method comprising the steps of:

forming said board with upper and lower major surfaces and a substantially continuous edge surface, said major surfaces and edge surface providing an interior, said major and edge surfaces being made of a curable, resin-based fiber material;

adding a curable foam to said interior;

creating tubular stiffening members of selected lengths; and

placing said tubular stiffening members in said interior;

the step of providing pockets at selected locations along said major surfaces, said pockets being formed by pinching said upper and lower major surfaces together and adhering them to one another within said interior.